

# تَعَدُّ الزِّيَارَةِ

A Guide for the Soul That  
Misses al-Ḥaramayn





## Introduction

There's a certain silence that settles in your chest after you leave al-Haramayn. You might be back in your own bed, your routine, your city – but something inside you stayed behind. Maybe it was at the Rawḍah. Maybe it circled the Ka'bah one last time. Maybe it whispered a final du'ā as the gates of the Prophet's Masjid faded behind you.

If you're holding a quiet sadness, you're not alone. If you're wondering how to carry on, or how to keep what you felt alive – this guide was made for you.

Ba'da az-Ziyārah means "After the Visit." This little guide is for the heart that has returned, but aches. It's not a book of rules or rituals – just a gentle companion for those quiet moments where you feel the ache of leaving what felt like home.

You're not the only one who didn't want to leave. You're not the only one who cried. And you're definitely not the only one still whispering, "Take me back."

So let this be a space where your ache is allowed to exist – not hidden or rushed away. Your sadness is not weakness; it's proof of how deeply you were moved. This longing is a quiet kind of love, pulling you back toward what matters. Let this guide hold your hand through it – gently, without pressure. Here, you don't have to be okay. You just have to be real.





# Understanding the Heartbreak

Leaving al-Haramayn isn't just about stepping onto a plane or saying goodbye to a city — it feels like something sacred has been torn away from your chest. It's a quiet kind of heartbreak that most people around you won't understand. And that can make it even harder. You walk through the airport. You unpack your bags. You sit in your own home. But everything feels different. Maybe even you feel different.

And maybe, deep down, you're scared that that version of you — the one who cried in sujūd, who whispered du'ās at Fajr, who felt closest to Allah in the stillness of the Rawḍah — might slowly fade. That's why this pain lingers. Because it wasn't just a "trip." It was a return. A return to something pure. A glimpse of who you are without distraction. A moment when the world fell away, and your soul stood bare before Allah — and felt seen.

We often don't realise just how much weight our hearts were carrying until we taste what it feels like to be light. Makkah and Madinah did that — they made you feel light. And now that you're gone, you're grieving more than a place. You're grieving that version of yourself that felt whole, present, and deeply held. But grief is not the end of something — it's a sign that something mattered.

This heartbreak is sacred. It's evidence that you were touched by something real. That your soul recognised home when it stood before it. And here's the beautiful truth: Allah sees your longing. Every tear, every ache, every whispered "Take me back" is known by Him. And He is the One who brings hearts back to what they love — again and again, when the time is right. So don't be ashamed of your sadness.

Let it sit with you gently. Let it remind you of what you witnessed. And let it move you toward the One who never left, even as you left the sacred cities.

# A Short Du'a to Recite

Before you read this du'ā, take a moment. Close your eyes. Take a slow, deep breath.

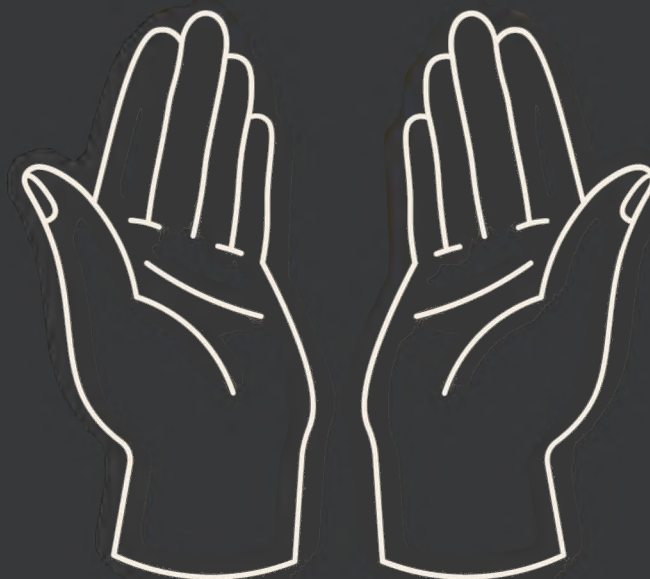
Imagine yourself standing in front of the Ka'bah once again — the air warm, the hum of du'ā all around you, your heart still and full. Feel the pull of that sacred space in your chest, even from far away. Let your longing rise — not to overwhelm you, but to soften you. And then, from wherever you are, whisper this...

Yā Allah,

You allowed me to stand in the most sacred places on Earth.  
You opened the gates of Your mercy to my heart. Don't let me  
forget what I felt there. Don't let the distance make me distant  
from You.

Keep that softness alive in me. And when You know the time is  
right — bring me back to Your sacred lands, with a heart that's  
even more ready to receive.

Āmīn.





# Staying Spiritually Close from Far Away

Your body may have left the sacred cities — but your heart doesn't have to. Closeness to Allah is not bound by place. It was never only the marble beneath your feet or the sound of the adhan echoing through the minarets. It was the stillness, the surrender, the softness within you.

And that? You can still carry it with you.

There will be days where it feels like the light has dimmed. Where the routines of your everyday life feel heavy again — where distractions return, and the sweetness fades. But this isn't proof that you've lost everything. It just means you're human. And the beautiful thing is: Allah never left you.

Staying close is not about replicating the exact feeling of Makkah or Madinah — it's about gently keeping the doors open in your heart. It's about letting the experience change how you move, how you speak, how you remember Him in the quiet moments no one else sees.

You don't have to do grand things to stay connected. Start small. Start sincere.

- Keep a few minutes after every prayer to sit in dhikr or quiet reflection.
- Light a candle. Put on Qur'an softly. Recreate the calm.
- Revisit your du'ās from your journey and make them again, even from here.
- Speak to Allah as intimately as you did there — as though you're still in His house, because in truth... you always are.

Let the sweetness you once felt become a seed — not something to mourn, but something to grow from.



# Little Sunnahs That Keep You Close

These aren't just habits — they're sacred threads that connect you to Allah, to the Prophet ﷺ, and to the same light you felt in the Haramain.

- Pray your sunnah and nawāfil regularly — especially the rawātib (sunnah prayers tied to the five daily prayers). The Prophet ﷺ never left them, even while traveling.
- Make abundant salāh 'ala an-Nabī ﷺ — sending peace and blessings upon him, especially on Fridays. It's a simple act with immense reward and a direct way to feel connected to Madinah.
- Read Surah al-Mulk at night and Surah al-Kahf on Fridays, just as the Prophet ﷺ encouraged. These small acts preserve light in the heart and build consistency.
- Fast on Mondays and Thursdays, following the Sunnah rhythm of the Prophet ﷺ — a practice that keeps the soul light and spiritually awake.
- Give ṣadaqah quietly and consistently, even if it's a small coin or a kind word. You walked among the generous in Makkah and Madinah — keep that spirit alive in your own corner of the world.
- Keep your tongue busy with dhikr, especially: SubḥānAllāh, al-ḥamdu lillāh, Allāhu akbar, Lā ilāha illa Allāh, Astaghfirullāh, Lā ḥawla wa lā quwwata illā billāh
- Protect the five daily prayers like sacred appointments — show up on time, unhurried, and with love. This alone is a way to stay in the presence of Allah.
- Revive small Sunnahs in your daily routine — saying Bismillāh before eating, entering your home with your right foot, making du'ā before sleep. These are gentle ways of remembering.
- Visit the masjid often, even if it's just to sit quietly and make du'ā. The Prophet ﷺ said the masjid is the home of every believer.



# The Aftershock of Coming Home

No one prepares you for this part. The flight is over. The suitcase is unpacked. And suddenly, you're back — Back in your bed, in your kitchen, in traffic, in noise. But something feels... off. You walked through al-Ḥaramayn like your soul was floating. Now, you're expected to return to your "normal life" — to schedules, chores, obligations, stress — as though your heart didn't just witness the most sacred thing it's ever known.

You may feel sad. You may feel confused. You may even feel guilty — guilty for feeling distant again, for not crying in salāh the way you did there, for already sensing the glow fading. But here's the truth: this is part of the journey too.

In fact, the companions of the Prophet (Sallallahu alaihi wasallam) felt something very similar — not after leaving a place, but after leaving his presence. Ḥanḏalah (Radi Allahu Anhu) said to Abu Bakr (Radi Allahu Anhu): “Ḥanḏalah has become a hypocrite.” He explained that when he was in the company of the Prophet ﷺ, his heart was soft, his īmān alive — but when he returned home to his family and the world, that state faded. Abū Bakr said, “I feel the same.” And when they brought their concern to the Prophet ﷺ, he said: “If you were to remain in the state you are in when you're with me, the angels would shake your hands in your homes and in the streets. But, Ḥanḏalah, there is a time for this and a time for that.”  
(Ṣaḥīḥ Muslim 2750)

Your heart will not always feel the same. And that's not hypocrisy. It's humanness. The goal is not to live forever in a state of emotional high. The goal is to remain sincere — to hold onto what you can, to stay soft when life tries to harden you, and to keep returning even when you feel far.

Don't be ashamed of your struggle. Let this be your new act of worship: staying afloat in the aftershock. Even as the glow fades... keep walking toward the light.

# Reflection Space: After the Glow

Take a quiet moment with your heart — no pressure, just presence.

As you breathe deeply, gently consider these questions in your mind or in your personal journal:

- What emotions surprised you most after returning home?
- What do you miss the most — and why?
- Have you noticed any habits, thoughts, or feelings that changed in you during your journey?
- What parts of your daily life now feel heavy or disconnected from how you felt there?
- If you could hold on to just one thing from the sacred cities... what would it be?

Allow yourself the space to reflect honestly and kindly, wherever you choose. There's no right or wrong — only your truth.

## A Quiet Du'a

Yā Rabb,  
Guide my heart to hold on gently —  
To the light I found, the peace I felt,  
And the love that continues beyond the journey.  
Help me carry this closeness with patience and hope.

Āmīn.





# Rebuilding a Routine That Feeds Your Soul

Coming home doesn't mean leaving the sacred behind — it means weaving that sacredness into your everyday. This is the place where your love for Allah and the Prophet ﷺ grows steady and enduring, not just a fleeting moment on a trip.

A nourishing routine doesn't have to be complicated or overwhelming. It's about small, intentional actions that make your heart feel seen and connected.

Here are gentle steps to help you build that routine:

- **Anchor your day in prayer** - Make each salāh a sacred pause, a moment just for you and Allah. Arrive on time. Breathe deeply. Feel your presence.
- **Start or end your day with dhikr and Qur'an** - Even just a few minutes of remembrance or reading can transform your inner landscape.
- **Make du'ā a habit, not just a last resort** - Speak to Allah as a close friend — share your fears, hopes, gratitude, and longings.
- **Set spiritual reminders** - Whether it's a phone alarm with a beautiful phrase or a note on your mirror, let small nudges bring you back to your faith throughout the day.
- **Surround yourself with light** - Connect with others who share your values. Join a study circle or listen to inspiring lectures — keep your heart nourished.
- **Practice gratitude** - Each evening, think of three things you're thankful for. Gratitude softens the heart and opens the door to joy.

Remember, this routine is for you.

There's no perfect formula — only what gently pulls your soul toward Allah, step by step. Let patience and kindness guide you, just as they did in the sacred cities.



# Finding Joy and Purpose Beyond the Journey

It's natural to hold on to the memories of Makkah and Madinah — the peace, the light, the closeness to the Prophet ﷺ. But life beyond the journey is where your faith truly blossoms, where joy and purpose meet you in the everyday. Cherishing your memories doesn't mean staying stuck in them. It means carrying their spirit with you as you move forward.

Here are gentle ways to welcome joy and purpose back into your life:

- Celebrate small blessings.

Notice the little moments of beauty, kindness, and mercy around you — the smile of a stranger, a quiet moment of prayer, the scent of fresh air.

- Make kindness your daily worship.

Acts of kindness, even small ones, carry immense reward. Helping others, speaking gently, or simply listening — these are ways to live your faith.

- Look for Allah's signs everywhere.

The world is full of His reminders. The blooming flower, the sunset, the feeling of peace after du'ā — let these moments soften your heart.

- Set intentions each morning.

Begin your day with a simple niyyah (intention) to live for Allah's pleasure, to be present, to seek goodness in all you do.

- Remember: every moment is a chance to grow closer to Allah.

Whether you're facing joy or challenge, your journey continues — and Allah's mercy is always near.

## A Short Du'a

Yā Dhū'l-Jalāli wal-Ikrām,

Fill my heart with hope when it feels heavy,  
Strength when I feel weak, And joy that does not  
fade. Help me find purpose in every moment, And  
keep me steadfast on Your path.

Āmīn.





# When the Ache Returns

Missing Makkah and Madinah is a sign of a heart that loves deeply — a love that doesn't fade just because the journey has ended.

The ache you feel is not a burden, but a reminder of the sacred moments you were blessed to experience. This guide is here for you — a quiet companion whenever your heart feels heavy or your spirit longs for that closeness again. Return to these pages as often as you need. Let the words be a balm, a friend's hand, a soft place to rest.

Remember, your journey with Allah and the Prophet ﷺ continues every day, in every breath and every prayer. No distance, no time can diminish that bond. May Allah keep your heart tender, your faith strong, and your steps firm on the path He loves!

## A Du'a to Whisper

Yā Rabb al-‘Ālamīn,

You who knows what is hidden in our hearts, the silent tears, the deepest longings, and the unspoken prayers — hear my humble plea. When the world feels heavy and the distance from Your sacred places weighs on my soul, remind me that You are nearer than my own heartbeat.

Ya Rabb, Fill the emptiness with Your mercy, and the ache with Your love. Grant me patience when my heart aches for Makkah and Madinah — for the Prophet ﷺ, for the peace I found there, for the closeness I crave. Let this longing not be a wound, but a bridge that draws me ever closer to You.

Ya Rabb, Strengthen me in moments of weakness, light my path when the night feels too dark, and soften my heart when it feels too heavy. Wrap me in Your infinite compassion and let me find solace in knowing that every tear is seen, every prayer answered in ways I may not yet understand.

O Most Merciful, O Most Compassionate — keep my love alive, steady my steps, and never let me feel truly alone. Let the memories of the sacred cities inspire me to live with sincerity, hope, and faith. Grant me a heart that trusts in Your timing, a spirit that finds joy in the journey, and a soul that rests peacefully in Your presence.



*May Allah bless us with the honor to return,  
again and again, to His sacred homes.*